

April 1996

# DIALOG

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GBC Student Newspaper

## Elections '96

The Student Association (S.A.) is currently in the middle of elections of Student Leaders for the 1996-97 academic year. The S.A. has restructured over the last few months and has created eleven new Student Leader positions. If interested in running for a position complete job descriptions can be picked up in the S.A. office.

The S.A. is the official representative organization of the students of George Brown College. It provides students with services, social activities, cultural programs and a variety of leadership opportunities. It is a great place to meet new friends and make a difference in the George Brown College community.

### • President

The President is the Chief Executive Officer of the Student Association. He/she is responsible to provide leadership towards the achievement of the goals of the Student Association.

• **Vice President** — Casa Loma, Hospitality, Nightingale, and St. James. A campus vice-president of the Student Association is responsible for planning, directing, developing, and executing a wide range of student oriented activities at his/her campus.

### • Treasurer

The Treasurer is responsible for the financial aspects of the organization.

### • Director of Chartered Organizations

The Director of Chartered Organizations is responsible for the organization and development of Chartered Organizations. Act as an official liaison between the Student Association Board and all Chartered Organizations.

### • Director of Academic Affairs

The Director of Academic Affairs is responsible for academic matters regarding the needs and/or concerns of the students of the college.

### • Director of External Affairs

The Director of External Affairs is responsible for external relations of the S.A.. This includes working with The Ontario Community College Student Parliamentary Association (OCCSPA/APECCO).

### • Director of Programming

The Director of Programming is responsible for programming events on and off campus in collaboration with the Activities Coordinator and the Programming Committee. These activities would include orientation, awareness week, march break trips etc.

### • Director of Services

The Director of Services is responsible for ensuring that the services the S.A. offers best meet the needs of the students and to implement new services. The services would include the Health Plan, Newspaper, Radio etc.

All positions are full time during the summer (May 15, 1996 to August 31, 1996) and part time during the academic year (September 1, 1996 to May 14, 1997)

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## TREKING OUT THE TALENT

By: Tanya Enberg

Tuesday March 5th  
George Brown College held its annual talent show contest. The

evening offered pizza, prizes and the pub was open for drinks. Nervousness filled the air as students from all areas of study

warmed up their voices and tuned their guitars in preparation for the spotlight. The practise evidently paid off. The show displayed the abundance of talent as well as

the courage that fills the hallways of G.B.C everyday. A huge round of applause for everyone who had the guts to perform in front of the lights, camera and the audience!

First prize offered three-hundred dollars and the opportunity to challenge the finalists from other participating Colleges and Universities. Representing G.B.C is Mary-Lynne Charlebois whose strong vocals won her first prize for covering such songs as Shania Twain's, "Whose Bed Have Your Boots Been

Under." Congratulations Mary-Lynne. Second prize went to Andria Lewis who impressed the audience with her cover of Whitney Houston's "One Moment In Time." And finally third prize went to Ahmed Elnagar who displayed his remarkable talents on the lute, strumming "Santasia Orientale."

The talent of our school didn't stop there, other performers such as Kelly Ferguson showed her talent singing melodies to the acoustic. Paul Agricola added an alternative twist on the electric guitar and Noaman Shafi broke the music scene with his dramatic performance of "96.5 Tea" from the ruler of darkness. Overall the event was a huge success, congratulations to Alex Barbier and the Student Association for organizing a wonderful event!



## Open Forum Held to Address Student Concerns

An open forum, organized by the Student Association, was held on Tuesday, March 19 at Casa Loma campus. Its purpose was to address concerns that have arisen over issues such as faculty and support staff layoffs, program suspensions, and course quality. Babak Ardoush, President of the SA, stated that he had "been approached by students who are feeling frustrated and upset with the changes that are happening and we wanted to offer students the opportunity to voice their concerns directly to us [the SA] and a panel of College Executives".

Present at the open forum was Frank Sorochinsky, President of the College, Maureen Callahan, VP Academic, and Bob Struthers, VP Access and External Relations as well as members of the GBC Student Association. Representatives from Student Affairs, Athletics and the Human Rights office were also on hand.

Over 75 concerned students took part in the discussion period, demanding answers to some very timely questions such as: Will there be an increase in fees? Why are book prices so high? Will my program be offered in the fall? In response, Mr. Sorochinsky replied that "The College will be here and it will be an exciting place to be." However, students questioned whether their instructors will feel the same.

Of main concern to some technology students was whether or not recent staff layoffs will affect the quality of instruction in key courses. Maureen Callahan, VP Academic, stated that all courses will be taught by those instructors qualified to do so. She also asked that any problems that may arise with faculty be brought to the attention of the Dean and/or the Chair of the program.

In the areas of book prices, washroom cleanliness and scheduling difficulties, Bob

Struthers stated that work is being done to make sure that these problems are resolved. All are high on the Admin.'s list of priorities. With fee increases, a proposal has been put to the Student Association to increase fees for the upcoming academic year. Administration argued that an increase would only put George Brown on par with other Metro Colleges, rather than above, with regard to student fees.

The forum ended with a plea to the Student Assoc. to better inform students about these important issues and to promote increased communication between the SA and its members. Sohail Idrees, Tool and Die student at Casa Loma, asked for Administration and the SA to "please work together to help us". Hopefully, the open forum was a step in the right direction.

By: Lori Foran

# STUDENT VOICE

## Serving Special Needs Students

by: David Dimitrie



At George Brown College, special needs students are offered a wide array of services by the Special Needs Dept. Staffed by a Co-ordinator, Special Needs Consultants, an Information Officer and a Special Needs Technician, the Special Needs Dept. helps enable all students with special needs to have access to facilities and services provided by the College. As defined by the Ontario Human Rights Code, people with special needs include those with physical, sensory, learning or emotional disabilities. This department serves over 600 students. It is quite probable that there are many more

students eligible for these services. It is vital that all students at George Brown know what services exist. In this way, eligible students will benefit from these services and other students are more sensitized to the needs of the disabled.

Many people think that all disabled students need the same services and accommodations. This is false. There are many types of disabilities and consequently there are many kinds of services that special needs students need to be successful in school. Most people are aware that items such as wheelchairs, ramps, modified restrooms and large-print, taped or braille materials/texts are available to the disabled. However do you know that our Special Needs Dept. also provides personal readers, notetakers, a Kurzweil reader, peer assistance, extended or modified

programs and adaptive computer devices and software. There are many more services available that are too numerous to list. With a small staff it is amazing how extensive the services that the Special Needs Dept. offers are.

A student who has special needs should not fear that they have to go it alone through their college years. While it is his/her choice for a student to disclose a disability, special needs students must always remember that there is an extensive support system available through our Special Needs Dept.

The biggest need that disabled students have cannot be provided by the Special Needs Dept. Special Needs students need and deserve greater respect, courtesy and tolerance from the wider college community. The cafeteria and the learning resource centre have services already in place to assist the disabled. I have had the chance to meet several special needs students during the course of this year and the message is always the same. These students have told me that they are fed up with the lack

of courtesy, respect and tolerance shown towards disabled students by non-disabled students.

Earlier this year a student in a wheelchair wrote a guest column in my space. She recounted her horror stories of being crowded in elevators with no way to move her wheelchair. She also stated that she missed elevators because able-bodied passengers would not make room for her. In addition, this person was hit in the head with knapsacks of other carefree students. Deaf students informed me that there is only one pay phone accessible to the deaf in the entire school. Even when deaf students try to use this phone it is frequently in use by an able-bodied person. I wonder what hearing students would say if they were left with 10 pay phones in the building. Non-disabled students must show more respect and courtesy to disabled students. Our concerns are real. So are our feelings. Disabled students will no longer tolerate rude, ignorant, or insulting behaviour towards them. They have the same rights and responsibilities as non-disabled students. The College and

the Human Rights Code have recognized this fact, it is time that non-disabled people recognize it as well.

Students at George Brown have many tools at their disposal to help them succeed in their studies. The Special Needs Dept. provides useful and effective services to disabled students. Coupled with respect and courtesy from the rest of the College, disabled students have a good chance at success in their studies.

### ATTENTION SPECIAL NEEDS STUDENTS

1. Writer needed for Special Needs Column for Fall 1996. Leave name in S.A. Office if interested.
2. Anyone interested in helping to start a self-help group for special needs students leave name in S.A. office immediately.

## Student Leaders, Speak Out

**Shannon Holmes**

Student Leader  
2nd Year Graphic Design

For the next while there will be a lot of changes going on at George Brown as well as at other colleges. It seems as if everyone is forgetting about us, the students, the reason why any of the faculty and administrative staff have a job. Now more than ever students are going to have to learn responsibility and how to get the most out of teaching when there is hardly any one on one training. We are also going to have to learn the value of money, which as students leaves us asking "what money?" Being in Graphic Design I know that there is so much you have to buy, and then there's the stuff they tell you to buy and haven't used it yet. We in Graphic Design also have a number of things we can do to get money (no, don't even go there)!. We enter contests as part of our projects, many of us do freelance work, and quite an amount of professors give their own awards to individuals at the end of each year. One other way of making money is by seeing ads on bulletin boards. Throughout the past year I have been working on getting awards for Graphic Design students. I was upset to see that Graphic Design had no awards published in the handbook. Which leaves two things in mind: someone in the Graphics department is not doing their job, and the students are crying for money, awards or scholarships. Recently I was informed about a certain organization that did ask for a Graphic Design student's help for a poster, and they would've been paid \$100 and a piece for the good old portfolio. Not even one person responded to these posters! I am left with the question "Why am I even trying to help out students." I will proceed with these awards, but if I ever hear someone in Graphic Design whining because they have no money I will not feel pity for them at all. Learn what resources you have at George Brown and be sure to use them.

## SIGN OF THE TIMES

JOHN H. GATES  
STUDENT LEADER  
STUDENT ASSOCIATION  
GEORGE BROWN COLLEGE

The last week of February and the first week of March I spent on work placement at Casa Loma in the Campus Management Office, and I witnessed first hand the damage that our Premier of Ontario is doing with his cut backs. I have seen once happy people reduced to worried and uncertain people, and finally to very sad people as a large number were laid-off. Some might say "big deal, there are too many staff anyway," and others might say that cutting back on staff will just mean that this cut back remains will have to earn their pay and handle the extra work passed on to them. I in fact look at this cut back as very damaging not only to the staff but to the students. We will not get the help we need when we need it and we will not get the same quality of education that we were getting in the past. I think it is time that the students of George Brown College wake and smell the roses. We must all join together and speak out, not just a few, but the whole Student Body as this is the only way we will be heard. I have personally never been known as a radical person and at my age it might be a little late to become a little radical but I just can't stand by and see the students of George Brown College stand back and take this "BULL" on the chin anymore. Wake up everybody or only the rich and the few that will hold on to a full time job while they are attending school will be able to stay in school. All the rest will have to do with out. This would bring the whole education system back in time to what it used to be. If anyone of you truly care about the type of education you are and will be getting, stand up now and be heard. One of the ways to be heard is to run in the upcoming Student Association Elections. Get involved and by getting involved you can make a difference. My time as a Student Leader is almost up so I am asking you to take up the torch and carry it on with the same pride and enjoyment I have this past year. Then you too can make a difference!

## Coming Events Look for them at your campus

April 2-4	American Marketing Association BBQs	St. James Patio
Wed., April 10	Jr. Essofield-Women's Culinary Network Hospitality	St. James
April 13 or 14	"Small Business Success" (noon) rm 112	Upper Canada Brewery
Tues., April 16	Jr. Essofield-Field Trip	St. James
Wed., April 17	Jr. Essofield-Appreciation dinner	St. James
	Jr. Essofield-General Meeting (noon)	St. James
rm 112		St. James
Wed., April 24	Athletes Interannual Presentation	St. James
Thurs., April 25	Jr. Essofield-Speaker series Mr. P. Oliver speaking on "The Identity of Canadian Cuisine"	St. James
Fri., April 26	Organization of African Unity BBQ	St. James
	Formal-St. Lawrence Hall	St. James
	African Unity-Shoot/Dunk off	St. James
Tues., April 30	Pool Tournament	Casa Loma



# NEED TO KNOW

## CAN'T BEAT THE REAL THING



### George Brown Hillel... What does it mean to you?

By: Michelle Chernes

As a Jewish student going to George Brown College, I felt there has been something missing in my life since I left my home town (Kitchener-Waterloo) and came to the big city to study Hotel Management at GBC. I miss sitting around at my old synagogue, (which, if anyone does not know is a place of worship, very similar to a church) talking to my friends about certain issues like inter-dating, when to take a trip to Israel, or where we were going to school. Now I talk to my friends about finding jobs, what Mike Harris is doing and how I am going to achieve my goals. What is

missing is the discussion I used to have with my Jewish friends about what is going on in Israel, what each holiday means to us, all of the things my friends now just don't understand about.

What I realized more and more is that what we need in this school, is a club for students who are missing what I am missing right now, to talk, discuss, debate and just hang out with other students who feel the same way you do. This club is called the George Brown Hillel and it is affiliated with the Jewish Campus Services Network in Toronto. If you are interested in joining, and anyone can join, please leave a message on my voice mail #89540.

### Student Forum To Be Held

On Thursday, April 18 at 12pm in the Auditorium (Rm. 128) of St. James campus, a group of 2nd year Community Worker students will be holding a student forum. The purpose of the forum is to empower and educate the student body about the future of post secondary education and the future of George Brown College as we know it.

As many of you may have noticed, there have been some significant changes made within the college recently. Some of these changes were propelled by the federal government and some of them have been a direct result of the "Harris philosophy". Community Worker students discuss these issues on a daily basis in their classes. Now, they are taking them out of their classrooms and bringing them into yours.

There will be four presenters at the forum: Frank Sorochinsky, GBC's newly hired president; Peter Chaisson, Hotel Management; Cheryl McDonald, Executive Director of the Coalition for Better Childcare; and Stacey Young, editor of U of T's "Varsity" Newspaper. Each guest will give a 15 minute presentation, followed by an hour-long question period. This is the perfect time to find out about: rationalization and the pos-

sible merger of all colleges in the GTA; the loss of faculty and the quality of teaching; and classroom size and the issue of time spent in class.

Other topics for discussion will be the increasingly low morale amongst support staff, and the concerns of parents with children in childcare. Accessibility of student loans is also a huge question

that demands answers. This is the time to meet some of the people who have some of those answers. Unfortunately, Room 128 only holds 250 people, so get there early and get informed!

By: Tracey Elkind  
Student Leader and Community Worker Student



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## Student Elections on the Horizon!



Susan Deak - VP Nightingale.

The Student Association elections are coming to all campuses very soon. Do you feel that you are a natural born leader or maybe someone with leadership potential? Do you feel that you have valuable ideas about how the College experience can be improved for all students?

Do you like to meet new people? If you have answered "yes" to any of these questions, then I have just one more question to ask you: Are you going to be one of the people running for a position in the Student Association elections? If you are, then great. I'll probably see you there.

I can honestly say that the Student Association has been and still continues to be an amazing experience. Through my position in the Student Association, I have had the opportunity to further develop my leadership skills and I have also met some really great people (i.e., students, faculty, staff, and administration). The people I work with are also amazing people. One of the things we all share is the trials and tribulations of policy and procedure.

I love my work and so far I've mentioned the positive aspects of my position, but if I am being honest, then I should be completely honest. In order to be a Student Leader, you also need to have a good sense of commitment because in order to be truly effective in your position, you need to live up to your commitments. There are times when you feel swamped, but with a little practice at time management, that's a hump that you can overcome. Sometimes you get frustrated by process, but that's also something you will find just about everywhere.

For those individuals who have never considered running for the Student Association, why don't you give it some thought? It can not only improve your resume, but it can also enrich who you are as a person.



Lori Foran - VP St. James Campus

You may have been tantalized over the last few months with ads in the Dialog stating that student elections are "coming soon". You may have thought to yourself, "Hey, that sounds like something I might be interested in".

Hopefully, this is the case with many of you returning students out there. In order to make this somewhat momentous decision, I think you need to know what being a Student Leader really means.

It means, in a nutshell, meetings, activities, rallies, advocacy, meetings. Did I already say meetings? Yes, it's a lot of work but also a lot of fun. It has given me lessons on such things as time management, the true meaning of diversity and the importance of getting involved in the college on any level. I have received more of an education here at George Brown College than I anticipated.

So, if you are a person who enjoys meeting new people, having fun and being active, perhaps you should look into joining the Student Association. Elections are "coming soon" and hopefully, you will be too!

# ENTERTAINMENT

## A Voyage of the Mind at Talent Trek '96

By: D. Muzar

Hell ain't a bad place to be, at least metaphorically speaking. Performance Artist Noaman Shafiti took the audience of Talent Trek '96 on a bizarre journey back in time to around 13000 B.C. Once there, Noaman revealed the secrets of the Ruler of Darkness and posed a complicated riddle to his astounded audience.

Delving into the nightmarish mind of Noaman can be quite a feat, even for those of us experienced in the avant-garde world of absurdity. What I think Noaman and the confusing characters he portrays were trying to tell us was that with the rise of education also came the misinterpretation of knowledge. Noaman exposes the weakness of our educational infrastructure and he ridicules those who misuse power for the good of evil.

Noaman understands manipulation and mind-control and now may his audience can begin to realize the insanity in which we base our lives. In his attempts to deconstruct tradition, Noaman courageously dismisses all the predictable forms of entertaining, which makes it quite obvious to me why he did not win the contest.

What Noaman may not realize is that he left a lasting imprint in each and everyone of our brains. He can not be ignored because he speaks the truth. The

only problem is that he is highly creative and this freedom of conventionality stresses most people. However, I was deeply inspired by the way he presented his raw energy with abrupt changes from narrator to hero.

Although it may have been difficult to follow Noaman's presentation, that has more to do with how we are trained to think (in a linear format) than with the coherency factor of Noaman's words. What I witnessed was an exploration of the darker side of humanity in what appeared to be a haphazard montage of insights. At times I felt as if I were invading on Noaman's private thoughts - and perhaps had no right to even be there.

I'm not certain how Noaman took my mind to such a vile and previously uncharted area of the inner-abyss (or as theologians call the "chaos before creation"), but I do know that his ideas are still echoing through the canyons of my mind and quite astonishingly, starting to make sense. That's right - Noaman's self-reflexiveness perplexed his audience, but he also planted seeds of dissent, which will flourish over time, giving Noaman the ultimate power he so desperately seeks; pure educated evil at its finest!

God damn it Noaman! You should have sang "White Christmas" and taken home the \$300.

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**COST OF PROGRAM:** There are no fees to candidates since VaughanTEC's program is sponsored by Human Resources Development Canada.

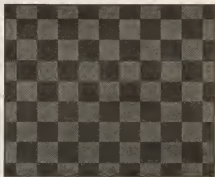
Vaughan Technology Enterprise Centre, 3300 Highway No. 7, Suite 809, Vaughan, Ontario, L4K 4M3

## Forever Playing!!

by: Andrea Morden

Located near the corner of Yonge and Wellesley is a small theatre which at this time is housing the hysterical musical Forever Plaid. Forever Plaid takes the viewer on a voyage back into time where four guys, on the verge of their impending musical stardom, are tragically killed in a horrific car crash. The quartet, stuck in an equilibrium between earth and the afterlife, are brought back to give one final performance to show what they would have been had they given the time on earth to complete it. The show takes the audience through a whirlwind of catchy 1950 soda-

shop music, slapstick comedy and true emotion as the quartet struggle with their feelings of being dead. The performers themselves work so well off of each others' energy that they manage to bring the audience right on their trip with them, bringing a few members of the crowd into the show with them. The highlight of the show was the groups 5 minute tribute to the Ed Sullivan show giving a brief showing of every act that Ed had on his show in 1950 including jumping dogs and a flame swallower. Forever Plaid gives the viewer an hour and a half



of escape from the fast paced world and lets you slip into someone else's thoughts and feelings. If only escaping from reality was as easy as putting on a plaid jacket.

## ANYONE FOR SOME POT?

by: Tanya N. Enberg

Is the lingering cruelty of winter and the dreadful growth of essays and...an unsatisfying part-time job bringing you down? The perfect solution may be a simple dose of laughter. If your looking for a sure-proof way to ease the stress, take a look at what's going on at the Royal Alexandra Theatre. The most recent production "One For The Pot" is worth checking out! One For The Pot starring multitalented Heath Lambert is a "bloody" hilarious traditional British farce with obscure twists, obstacles and knee-slapping lines.



Lambert plays a shy country lad named Billy Hickory Wood who is about to inherit ten-thousand pounds for simply proving that he is the only living relative. A seemingly easy task for the only son...or so he thinks! The obstacles begin near London at the estate of wealthy Johnathan Hardcastle. Johnathan is seeking to ease the financial stress of his deceased partners astranged son. He places an ad in the newspaper to locate him and along comes Billy, and the plot twisting hysteria begins.

Mr. Billy Wood arrives to claim his fortune, no problem until the arrival of two other identical brothers, Rupert and Michael Wood. Johnathan gets more than he bargained for, he thought he could hand over the dough, down some scotch and enjoy his daughter Cynthia's birthday party. No such luck, everything goes chaotic. The distinguished but sneaky brother is blackmailing Billy, Cynthia has fallen in love with Billy (who is actually Rupert) and her week-end guest Clifton Weaver is head over heels in love with her. Billy's suspicious wife arrives and becomes jealous of Cynthia's affections for Billy! ARE YOU CONFUSED YET?

Don't worry, the confusion is wrapped when Cynthia figures out that Billy is actually Rupert and Johnathan realizes that there are actually three living twins. The sarcastically funny Johnathan who has a heart of gold genuinely decides to give each brother ten-thousand pounds. The curtain is drawn, the stanzas have come to a closure and everything has worked out brilliantly, or so we think...[HA...HA HA!!!] Well I guess you get the jest of it all.

Guaranteed if the priceless humour of "One For The Pot" doesn't get your mind off your worries nothing can. This tickling comedy is sure to ease the blues and leave you

in stitches long after. You still have time to check it out from March 1st to April 13th at The Royal Alexandra Theatre.

**DIALOG**

## help the DIALOG

If you are looking for experience to work with student press, or in any other areas, for the 96\97 school year. Come down to the 'Student' Association, ask for Craig, or hand in your resume. This could be your chance to be on the cutting edge.

April, 1996





# ELECTIONS

## DATES TO REMEMBER

Monday, March 25, 1996 - Election Packages available in the Student Association Offices, Student Life Office, Counselling Offices and Student Affairs.

Thursday, April 4, 1996 (5:00 pm) - Nominations Close

Monday, April 8, 1996 - Campaigning Begins

Friday, April 12, 1996 - Campaigning Ends

Voting at all campuses

April 15, 1996 Until April 19, 1996

April 22, 1996 - Announcement of Elected Officials

## Positions Available

**President**

**Director of Academic Affairs**

**V.P. Nightingale**

**Director of Chartered Organizations**

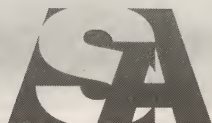
**V.P. Casa Loma**

**Director of Programming**

**V.P. St. James**

**Director of Services**

**Treasurer**



STUDENT  
ASSOCIATION  
OF GEORGE BROWN COLLEGE

# HOSPITALITY

## Beer is Good for You?

by Armand De Clercq

In Europe, the Germans head the list, consuming about 140 L annually. I have no figures for the US but Belgians come in fourth place with 110 L, behind the Irish and the Danish. Now this is far below the recommendation from a Doctor saying that 1 L per day for Women and 2 L per day for men is part of a healthy regime. Since man's origin beer has always been a source of pleasure, revenue, employment, culture and national pride. The main ingredient, besides water, has always been barley, germinated then dried, grilled or roasted, brewed and finally fermented. The Japanese are using rice, the Americans wheat and the old Inca priests were brewing beer from corn for their first emperor! I cannot forget the ancient Egyptian and Palestinians for it is said that even Moses enjoyed a glass or two.

When Benjamin Franklin made a trip to Paris he preferred beer over wine and when Marquis de Lafayette, who had a brewery on his property in France, crossed the ocean to help the American Revolution against the British, he shared his recipe with George Washington. A witness wrote, "Our Commander-in-Chief said, 'Have a pint of Ale boys, cold beer makes warm blood' Of course,

the first French settlers were at it also until the final battle at the Plains of Abraham against the English General, Wolf, where the dying French General



Marquis de Lafayette requested a final glass of beer!

Enough said about history. Since I am not a Doctor, I have to go back to the old MD I quoted before who said beer is a good source of vitamin B and a number one aphrodisiac. Is that why when I popped the question to my (then) future wife, after having served her a couple of brews, that she said yes without hesitation. Then, the good Doctor also said that there is one cafe(tavern) in Belgium for every 300 inhabitants. It enhances conviviality and close friendly contact between humans, it also reduces stress caused by our ever

demanding society. Of course he advocates never to start drinking before noon and never on an empty stomach.

"To your health." Isn't that what we say when we raise our glass in the company of friends? It has been proven that beer, taken in moderation, stimulates our metabolism and has a favorable influence on our liver and kidneys, it also relaxes our nerves.

Beer is a completely natural product, except for some additives used for economical reasons by our modern breweries. The Hops are well-known by herbalists

## Hear Ye! Hear Ye!

by Marc-Philippe Gagne  
Casino Night Chairperson

All members of the Hospitality Club are invited to volunteer for the event of the year. On April 26, 1996, a Casino Night will be held in the Hospitality building. Active members of the industry, restaurant owners, managers, food service executives, chefs, students and teachers will gather to enjoy a night of entertainment, gambling and great food. The purpose of the event is to raise scholarship money for the Hospitality and Business programs at George Brown College. The Hospitality Club, in collaboration with the Junior Escoffier and the Business Student Association, is organizing the event. Anyone interested in being a part of this exciting evening should drop by Room 254 for more information.

for their virtues. The lupulin has a soothing effect on you and induces sleep better than a sleeping pill.

So, you see, beer is good for you in more ways than one. It gets rid of your skin problems and makes your hair grow. I mean on your head, not your chest or legs.

David Daines, a hairstylist from New York, points out that malt is the main ingredient in most hair thickening products, so you may as well use beer because it's cheaper. Did you know that President Jimmy Carter signed a bill that permitted the manufacture of up to 200 gallons of home brew per household. So, lets go, what are you waiting for? Lots of homebrew please and no taxes.

## RECIPE CORNER

Spring is here and with it comes maple syrup! Here are two recipes that are perfect for enjoying the gifts of the season.

### Maple Mousse

6 egg yolks  
3/4 cup pure maple syrup  
dash of salt  
2 cups 35% cream

Combine egg yolks, maple syrup and salt in top of double broiler and cook until thickened. Stir constantly for the entire 10-15 minutes. When mixture reaches ribbon stage (coats the back of a spoon), remove from heat and whisk until cooled. Fold in whipped 35% cream and pour into 8 individual molds. Place in the freezer for at least six hours, garnish with whipped cream and mint.

### Oatmeal Sunflower Seed Pancakes

1/2 cup shredded coconut  
1 cup whole wheat flour or 1 1/4 cup white flour  
1 cup oats  
1 tbs. baking powder  
3/4 cup sunflower seeds  
1/3 cup brown sugar  
1 tbs. corn oil  
2 cups milk  
1 egg

Preheat oven to 300. Spread the coconut on a baking sheet and bake for 5-7 minutes, turning occasionally. Cool and combine with other dry ingredients. Beat together oil, milk and egg, add to dry ingredients and stir to combine. Cook the pancakes on a greased griddle until brown and golden on both sides. Serve hot with maple syrup.

## Hospitality Club News

by Cathie Sullivan, President

Although the year is coming to an end, it is never too late to get involved. Elections were held the end of March and I am sure the new executive will be looking for more student involvement in the months to come. If you are wondering what the Hospitality Club has to offer, here are a list of goals we strive to meet as a junior branch of the Canadian Food Service Executive Association (CFSEA).

- \*enhance the prestige of the food service profession through raising standards of service
- \*promote education and increase opportunities for youth to train in their profession
- \*promote research in food service and nutrition
- \*promote good fellowship, personal association and new opportunities for members

The CFSEA National Speaker Seminar was hosted by the Toronto Branch on March 11, 1996 at the Marriott Airport Hotel. The speaker Dennis Russel, owner of Lime Power-an international training, consulting and speaking company, was very informative and entertaining. Mr. Russel spoke about

"Prospering from Change" which involved handling good and bad changes being faced by the work force today.

The CFSEA student Award Dinner will be held on April 8, 1996. All members that filled out an application for the Gold Plate Award are invited to attend for free.

A wine reception will be held on April 19, 1996 in Seigfried's. The reception, held in conjunction with the Junior Escoffier, will give us a chance to welcome the new executive and thank the senior members and faculty that have given us support throughout the year. The event will start at 5:00 PM and appetizers will be served.

Volunteers are needed for an Aids fund-raiser on June 1, 1996 at Upper Canada College. Interested students should come by Room 254 for details.

Drop by Room 254 and pick up a copy of the Hospitality Club Newsletter, it is a must for every inquisitive member.

An important note for all graduating students: after leaving school, you can join the CFSEA as a Junior Executive Member. This entitles you to all the benefits of the CFSEA at half the price! Come by the office for a membership form.



# HOSPITALITY

## Every Month is Nutrition Month

by Denise Coward

Although Nutrition Month is officially designated as March, it is important not to ignore good nutrition for the rest of the year. Nutrition plays an important role in maintaining and improving quality of life, fighting disease, and supporting physical and mental activity. Many people feel that eating healthy involves counting calories, weighing food and spending a lot of money on "low fat", less-tasty products, but that is not the case. Eating healthy can be as easy as following Canada's Food Guide and avoiding food high in saturated fat, sodium and empty calories. The good thing about Canada's Food Guide is that in most cases it can be followed by anyone, regardless of time or financial constraints. In addition, detailed product labeling and government labeling regulations allow us to read exactly what is in most of the food we buy.

Some guidelines for healthy eating, outlined by the Ontario Dietetic Association, are as follows:

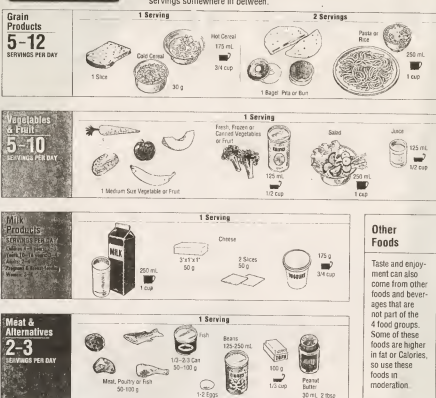
- reduce total fat consumption to less than 30% of food intake
- decrease intake of cholesterol and saturated fat
- increase the quantity of complex carbohydrates in the diet to 50-55% of food intake
- eat a variety of plant food high in dietary fiber
- maintain an adequate intake of protein, 15-20% of food intake
- limit sodium intake
- limit concentrated sugar, like candy, jam, syrup
- ensure an adequate intake of vitamins and minerals by following Canada's Food Guide
- increase the consumption of water, 6-8 cups per day
- decrease the amount of alcohol consumed, 1-2 drinks per day

Following these guidelines is not as hard as it may seem, just keep some of these things in mind:

- avoid high-fat processed meat and cheese
- trim visible fat from meat
- remove skin from poultry
- limit high-fat dessert
- limit the use of butter and margarine
- avoid deep-fried foods
- bake, broil and grill
- increase consumption of starchy vegetables, grains and breads
- use whole grain flour instead of regular flour
- try some vegetarian dishes instead of "meat and potato" meals
- do not add salt to food before tasting
- use herbs and spices instead of salt, flavored oil
- snack on fruit and raw vegetables

You may be thinking that this style of eating contradicts everything you have been taught in the kitchen at George Brown College, in a way you are right. The food you learn to prepare here does not follow these guidelines but it is still O.K. to eat occasionally. The key is moderation. You can still treat yourself to rich sauces, soups and decadent desserts sometimes when you eat out. The idea is to limit higher-calorie, higher-fat foods and adapt a lifestyle that follows healthy eating guidelines. It only takes minimal effort but the benefits of healthy eating are enormous. It is true that "We are what we eat" and developing good eating habits now can prevent health problems in the future. It just requires a commitment to a healthy lifestyle, including exercise, and excuses like, "I don't have time to eat healthy" are not acceptable. After all doesn't take the same amount of time to eat a piece of fruit as it does to eat a candy bar. Think about it!

### Food Guide TO HEALTHY EATING FOR PEOPLE FOUR YEARS AND OVER



## Junior Escoffier Update

by Laura Hastings and James Csoko

Pub Nite was a roaring success. Everyone enjoyed the drinks, free appetizers and free pool at Betty's. Keep your eyes open for similar events in the months to come.

Gems of Hope took place on February 5, 1996 at the Sheraton Centre. The event featured the

creations of seventeen Chefs, served with the assistance of over twenty Junior Escoffier Society Volunteers. Thanks to all volunteers who took part in this charity event for global education and medical supplies.

The Junior Escoffier Speaker Series continued with Mark Greenberg speaking on "How to Start a Restaurant". It was a very informative 45-minute session that summarized the steps to establishing a restaurant. Thank You to Mr. Greenberg and to Kirk Douglas who arranged this informative talk.

On Monday, February 12, 1996, Junior Escoffier members assisted George McNeil and Jean-Pierre Challet with a demonstration to launch the new Bay of Fundy salmon quality certification. The Chefs prepared hot and cold dishes featuring the certified salmon and Inniskillin Winery provided the Chardonnay, which complimented the dishes beautifully.

On February 14, 1996, the Sugar and Baking competition took place in the atrium of the Hospitality Centre. Congratulations to all students who participated, special congratulations to the three Junior Escoffier members who took the top three prizes!

On Sunday, March 3, the Knives and Forks organization, an

organic food producers group, held its annual Spring Symposium at the ROM. After speeches on the use of organic foods and the importance of sustainability, attendees were treated to a buffet prepared by Knives and Forks members. Chef Jamie Kennedy hosted the event and Chef Gary Hoyer organized the buffet with the assistance of some of our members.

The Tony Roldan Hot Food Competition took place at The Hospitality Centre on Monday, March 4, 1996. The competition was open to third year apprentices and second year Culinary Management students. Congratulations to all participants, including silver medal winner and member, Alex Lambropoulos.

March 4, 1996 was a busy day for the Escoffier Society. In addition to the competition and the Senior Meeting at Seigfried's, Junior members volunteered at a benefit event at the Design Exchange. Volunteers assisted with the presentation of food prepared by Chef Jamie Kennedy and the JK ROM staff. The event was held to raise money for Playgrounds for Peace, which builds play areas for children in war-torn countries. Thanks to Chef Kennedy and the volunteers for participating in this worthy event.

## Armand is Good for You

by James Csoko

For those of you who know me, you will know that I have a deep respect for the most historical of drinks, beer. I have worked hard to forge friendships, contacts and acquaintances in the beer world and for that I have been well-rewarded. I read an article in an American beer magazine about a correspondence between tour-de-force freelance writer Dennis McKloskey and a retired Belgian gentleman, Mr. Armand De Clercq whose life story breathed new life into my personal quest for the finest

beers in the world.

For those of you who know me, you know that I have no illusions as to the commercial possibilities of fine beer and fine food, and while I can learn a lot about the latter from our Chef instructors, professors and leaders in the industry, the former is a very difficult subject to learn in any great depth from any one source. Then, Mr. De Clercq allayed all my fears by responding to my request for correspondence and provided a wealth of information.

For those of you who know me, you know that I do not give out compliments easily, but here I

feel the necessity to do so. Mr. De Clercq, I heartily thank you for everything you have done for me, for opening my eyes to a broader picture of beer in the world and for your contribution to The Junior Escoffier Grapevine, the newsletter of which I am currently the Editor. Unfortunately, due to space constraints in our newsletter, there is no way I can print Mr. De Clercq's contributions in full. So, I give it to the students across Toronto in the first of what I hope to be a regular occurrence. Read it (maybe paired with a pint of your favorite brew) and enjoy.

# *Moonlight Masquerade*

*George Brown College*

*Spring Formal*

*Dinner and Dance at the*

*St. Lawrence Hall*

*157 King Street East*

*Toronto, Ontario*

*to be held on*


*Friday, April 26, 1996*

*Cocktails; 6:00pm*

*Buffet Dinner; 7:00pm*

*Cash Bar*



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*Association offices and*  
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